

Learn about the best North Carolina and South Carolina adventures, destinations, attractions and communities. Visit and explore!

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March 14, 2019 Below: Queen City Cuisine; Get out those 45; Curiously Attractive; Reactionary Expressionist; Tweet Tweet; The Way Things Were; We're Springing; Those Green and Glorious Spears; Discover Green Power; Explore Sea Pines.

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Carolina Adventures



Feast Food Tours | Charlotte, NC

First, we found them on *Trip Advisor*. Then, they surfaced in travel blogs, *Southern Living* and even *HuffPost Lifestyle* from the UK. We were intrigued. And we investigated further. And now, we're eager to share what we've learned.

Feast Food Tours offers Charlotte neighborhood Walking Food Tours. It's the brainchild of owner/tour guide Kristi Martin, who describes her interests as wine tastings and beer samplings, following restaurant openings and food fads, taking cooking classes, reading food blogs, watching Top Chef, stalking kitchen supply stores, shopping at farmer's markets, and having (an ever-growing) stack of cookbooks! Folks who've enjoyed her tours describe her as amazing, a great hostess, knowledgeable, organized, and fabulous fun.

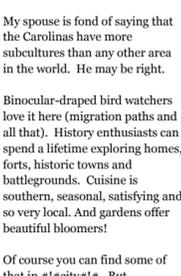
The Soul of the South Uptown tour takes you to restaurants and introduces you to chefs with a passion for their own Southern heritage. You'll learn how they source the freshest ingredients and what farm-to-table means to them. Along the way you'll sip and savor, definitely learning about Charlotte and sampling great cuisine that will draw you back, without a doubt.

WOW Factor: Choose from Unwind & Dine in the historic South End, or perhaps Dishes and Delights of Dilworth, where you can immerse yourself in Charlotte's first streetcar neighborhood with its variety of culinary entrepreneurs. What about trying Local Flavors of Historic NoDa (North Davidson arts district), and new tours covering other Charlotte locations. In other words, she's got your personal taste preferences covered.

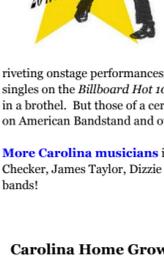
Hint: It is a walking tour, so dress accordingly. Start the tour hungry – you won't end that way. Expect to learn about Charlotte's vibrant food culture and its fascinating history. Explore different areas and neighborhoods to find what fits your soul. (Thinking of moving to Charlotte? No better way to learn the city. Take all their tours while you're deciding where to live.)

Learn More: [Feastfoodtours.com](#)
[More Carolina Adventures](#)

Photo: Local Flavors of Historic NoDa Tour - Sabal Cervencia ; Trade & Lore ; Whisk + Wood. Courtesy FEAST Food Tours & Culinary Events



Famous Faces



I Feel Good!
James Brown
May 3, 1933 -
December 25, 2006

Godfather of Soul

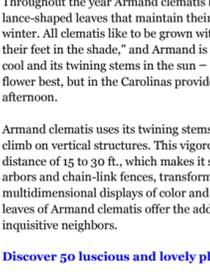
South Carolina native James Brown was a master of funk, R&B, disco and rap. Over six decades, he electrified generations with his riveting onstage performances, and holds the record for the most hit singles on the *Billboard Hot 100 List*. You may not know he grew up in a brothel. But those of a certain age were sure to have seen him on American Bandstand and other variety shows.

More Carolina musicians include Roberta Flack, Chubby Checker, James Taylor, Dizzie Gillespie and lots of beach music bands!

Carolina Home Grown

Curiously Attractive Climber

Written by Robert F. Polomski, Ph.D., Extension Specialist – Horticulture/Adjunct Asst. Prof. Clemson University



Clematis are among the most decorative and spectacular of all the flowering vines. They are a varied group of mostly woody, deciduous vines; however, Armand clematis (*Clematis armandii*) is an evergreen vine, named after Armand David (1826-1900), a French missionary, botanist and zoologist who collected this specimen in China in 1870.

Armand clematis is prized for its early springtime flurry of white flowers. Each flower, comprised of 4 to 7 sepals, is only 2 inches wide, but since they mostly open all at once, they create the illusion of freshly fallen snow. In the summer cosmic-looking fruit pods develop – each one adorned with long, silky antennae-like hairs that are more curious than attractive.

Throughout the year Armand clematis bears handsome, leathery lance-shaped leaves that maintain their green color throughout the winter. All clematis like to be grown with "their heads in the sun and their feet in the shade," and Armand is no exception. Keep the roots cool and its twining stems in the sun – at least 6 hours of sun to flower best, but in the Carolinas provide some shade in the afternoon.

Armand clematis uses its twining stems and clasping petioles to climb on vertical structures. This vigorous vine can spread a distance of 15 to 30 ft., which makes it suitable for growing on arbors and chain-link fences, transforming them into multidimensional displays of color and fragrance. The evergreen leaves of Armand clematis offer the added bonus of privacy from inquisitive neighbors.

Discover 50 luscious and lovely plants.



Learn more about Carolina gardening from Dr. Polomski's new book, *Carolinas Month by Month Gardening*. Available wherever books are sold. Photo by Robert F. Polomski, Ph.D

Carolina Creatives



Jim Victor | Reactionary Expressionist

A native of Newark, New Jersey, Jim Victor was influenced by his Italian immigrant grandparents as well as neighbors and family that were part of his childhood. Intrigued by work from the great masters such as Cezanne and Michelangelo, he visited museums in Europe while stationed there, serving in the U.S. Army. Eventually, he and his wife, Holly, found their way to Charleston, SC, where he lives and works today.



"The Abstract Core work evolved out of the lack of challenge that I usually have while I am painting. The excitement of my previous work was dissipating. Not to say that I no longer liked my earlier work. It was exciting at the time, but it just became too predictable. When that occurred, I started experimenting and the outcome was the Abstract Core. There is a relationship that develops between me and the canvas. There is no music, no outside interference, just the two of us working and creating together. There is that excitement and anxiety which occurs while creating the unknown and the unforeizable. At my age I'm fortunate to still have access to those feelings!

I feel when a person looks at abstract art, it becomes a physical and emotional experience. I recommend the best way to view an abstract painting is to 'look at what feelings it provokes in you.' The entire body of work is signed only on the back, so the viewer is not distracted. Also, each painting is untitled, giving the viewer freedom to have their own experience.

In the beginning it's me and the canvas; in the end it's the viewer and the canvas."

[www.jimvictorart.com](#)
Enjoy discovering scores of [Carolina Creatives](#).

Artwork: Abstract Core Series, oil on canvas, #0172013

Historic Edenton Pilgrimage Tour of Homes and Countryside



Historic Edenton State Historic Site Visitor Center

Friday & Saturday, April 12-13, 2019 | 10am-4pm

Private homes and plantations along with five public buildings which are each more than 100 years old open to tour. Many special features include carriage rides and history reenactments. For more info and photos of past tours, go here: [visitedenton.com/pilgrimage-tour](#)

\$30 in advance/\$35 days of and \$25 per person, groups of 10 or more 252-482-2637

Learn more about amazing [Edenton](#).

Carolina Cuisine



The Spears you love to Munch

Spring is a whisper away, and with it the first of warm weather celebrations. In the Carolinas, that means food, my friends, and lots of it. In the past, casseroles ruled the day, but now, farm-to-fork reigns supreme, which means lighter, fresher fare.

As a special homage to spring, consider Carolina food expert Kim Byer's **Asparagus Salad with Honey Oranges and Carrot Ribbons**. Color on a plate with a bit of crunch, a taste of sweet and those luscious green-tipped morsels. Perfect with roast chicken for Sunday dinner, or a girl's gathering with cool boiled shrimp on the side. Now this is March Madness of the most delightful kind!

Enjoy Our Tasty Collection of Carolina **Recipes: Breads | Beverages | Breakfast | Appetizers | Sides & Salads | Soup | Seafood | Meat and Poultry | Desserts**

Photo courtesy Kim Byer

Passionate Pursuits

Hi,
My spouse is fond of saying that the Carolinas have more subcultures than any other area in the world. He may be right.

Binocular-draped bird watchers love it here (migration paths and all that). History enthusiasts can spend a lifetime exploring homes, forts, historic towns and battlegrounds. Cuisine is southern, seasonal, satisfying and so very local. And gardens offer beautiful bloomers!

Of course you can find some of that in #city#!#. But, somehow (and we know why), there's just more to explore when you have mountains, rivers, sandy beaches, and hundreds of years of cultivating all that good in a climate that begs for year-round enjoyment, just one day's drive from friends who stayed in the frigid north.

Get a taste here and fire up that tablet for trip-planning. Start with [Carolina Gardens](#), curated by our favorite master gardener, Bob Polomski.

Or take an armchair tour of the [Golf Lifestyle](#) that excels here.

You'll be dusting off those clubs in no time. There's so much more, but it all depends on your passionate pursuits. For sure, it's all here and now's the time to make plans.

See you soon,

Katherine Pettit
Executive Editor
[CarolinaLiving.com](#)
Showcasing
Carolina Life & Adventures

Bird Walk



Riverfront Park, Columbia, SC

Walk the trails of Riverfront Park with Wingard Market wildlife specialist, Zach Steinhäuser, who will point out various species and discuss habitat, migration patterns, and answer any questions you may have.

Over 125 species of birds have been seen within the park. Dress for the weather and a walk through the woods. BYOB – bring your own binoculars. Directions to meeting place will be emailed to you upon registration. \$15 fee person; must register in advance; space is limited, so please register early. Children 15 & under free; must be accompanied by a registered adult.

March 23, 2019, begins at 8am.
[Sign up today!](#)



Spring is here (soon, very soon)

In the Carolinas, that means tender asparagus spears (recipe included), plump, juicy strawberries, and microgreens. What tells your tastebuds Spring has arrived? [Please share.](#)
Strawberry Parfait
photo courtesy Kim Byer

Get the Guide.



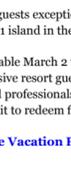
Register and get the latest edition of [CarolinaLiving.com](#) Guide and the fun-filled [Compass eNews](#) twice a month. Learn all about the Carolinas thrills and frills.



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The Sea Pines Resort' Escape Vacation Package' Loaded With Incentives

Hilton Head Island's top resort offers activities, amenities for all ages

Looking for a summer family vacation location, filled with outdoor activities and loads of added value activities? Consider the Escape Vacation Package at The Sea Pines Resort, which offers guests exceptional lodging and activities now through the summer on Hilton Head Island, named the No. 1 island in the U.S. by the readers of *Travel + Leisure*.

The Escape Vacation Package, available March 2 through Sept. 7, includes complimentary tennis court time, golf options for all ages, exclusive resort guest Beach Club parking, as well as a family portrait session on the beach by the certified professionals from Memory Lane Portraits. Additionally, the package includes a \$100 resort credit to redeem for golf, dining or activities.

More information about the [Escape Vacation Package](#), plus all the incentives and amenities included.

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